

601-145

#3 55

Received 128
63
Mar 23, 1929



HEALTH and BEAUTY
in
FIFTEEN MINUTES
a day

601
145

An Outstanding Achievement of One of the World's Most Eminent Physicians

THE desirability of mechanical means for administering massage and vibratory exercise has long been recognized by the medical profession; but it was not until the fortunate invention of the Battle Creek Health Builder by John Harvey Kellogg, M.D., LL.D., F. A. C. S., F. R. S. M., Superintendent of the Battle Creek Sanitarium, that the desired results were attained.

The first HEALTH BUILDER was constructed, under the direction of Dr. Kellogg, several years ago. Since then, by means of careful study, research and experiment, the appliance has been improved to its present state of marvelous efficiency.

The new HEALTH BUILDERS of today, described in the following pages, are manufactured under Dr. John Harvey Kellogg's patents, in Battle Creek, Michigan, by the Sanitarium Equipment Company, with branch offices as follows:

SANITARIUM EQUIPMENT CO.
25 West 45th Street, New York City, N. Y.
Phone Bryant 4950

SANITARIUM EQUIPMENT CO.
201-203 Medical and Dental Arts Building,
185 North Wabash Avenue, Chicago, Ill.
Phone Central 3201

SANITARIUM EQUIPMENT CO.
216 Book Building, Detroit, Michigan
Phone Randolph 4416

SANITARIUM EQUIPMENT CO.
Suite 434, Widener Bldg., Juniper and
Chestnut Sts., Philadelphia, Pa.
Phone Rittenhouse 1385

HOWARD HILL
Distributor for
SANITARIUM EQUIPMENT COMPANY
21 Second Street, San Francisco, California
Douglas 7897—Sutter 5070

THE BUSCHMAN COMPANY, Inc.
1981 Railway Exchange Bldg.
6368 Delmar Blvd., St. Louis, Missouri
Phone Cabany 8790

THE BUSCHMAN COMPANY, Inc.
Hyde Park Hotel Building
3561 Broadway, Kansas City, Missouri
Phone Westport 0708

CARROLL ELECTRIC CO.
714 12th St., N.W., Washington, D.C.
Phone Main 7320

H. A. MASAC & COMPANY
Distributor for
SANITARIUM EQUIPMENT COMPANY
976 West Sixth St., Los Angeles, California
Phone Tucker 5452

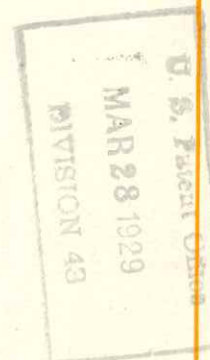
BATTLE CREEK EQUIPMENT CO.
114-116 Southampton Row, London, W.C.1

Entire Contents Copyright 1928 Sanitarium Equipment Co., Battle Creek, Mich.

Which will you have?

ONLY one in twenty persons enjoys "whole health" — the rest live on day after day in a state of "half health"; not sick enough to stay in bed, nor well enough to engage with zest in the busy business and social activities of life. What is wrong with the health habits of the age? The answer will be found in this unusual little brochure — as well as the happy solution.

Health can be gained or preserved only through consistent daily activity. Those who lead confined, sedentary lives must, in some way, compensate for their inactivity — or suffer the consequences. Activity — whether accomplished through natural or mechanical means — brings health and long life. Inertia results in physical stagnation and distressing invalidism. Read on!



The Ancient Art of Body Building



LONG before pills and drugs became the vogue, massage was employed by the Hindus and Persians. Three thousand years ago the Chinese were practicing this oldest of all remedies for the relief of bodily infirmities.

To the ancient Greeks and Romans massage was a luxury—to hasten recovery from sickness and to increase their agility and powers of endurance. Famous athletes of all times have attributed their grace, dexterity and bodily development largely to the skillful use of massage in connection with exercise and general health culture.

Hippocrates, renowned physician of ancient Greece, was an adept at the art of massage, which he learned from the great teacher, Herodicus, the founder of medical gymnastics. Said he, "rubbing can bind a joint that is too loose and loosen a joint that is too rigid. Hard rubbing binds, soft rubbing loosens, much rubbing causes parts to waste, moderate rubbing makes them grow."

Asclepiades, eminent Greek physician, held the practice of this art in such esteem that he

abandoned the use of medicine of all sorts, relying exclusively upon massage, which he claimed effected a cure by restoring to the nutritive fluids their natural, free movement. It was this ancient scientist who made the discovery that sleep might be induced by gentle stroking.

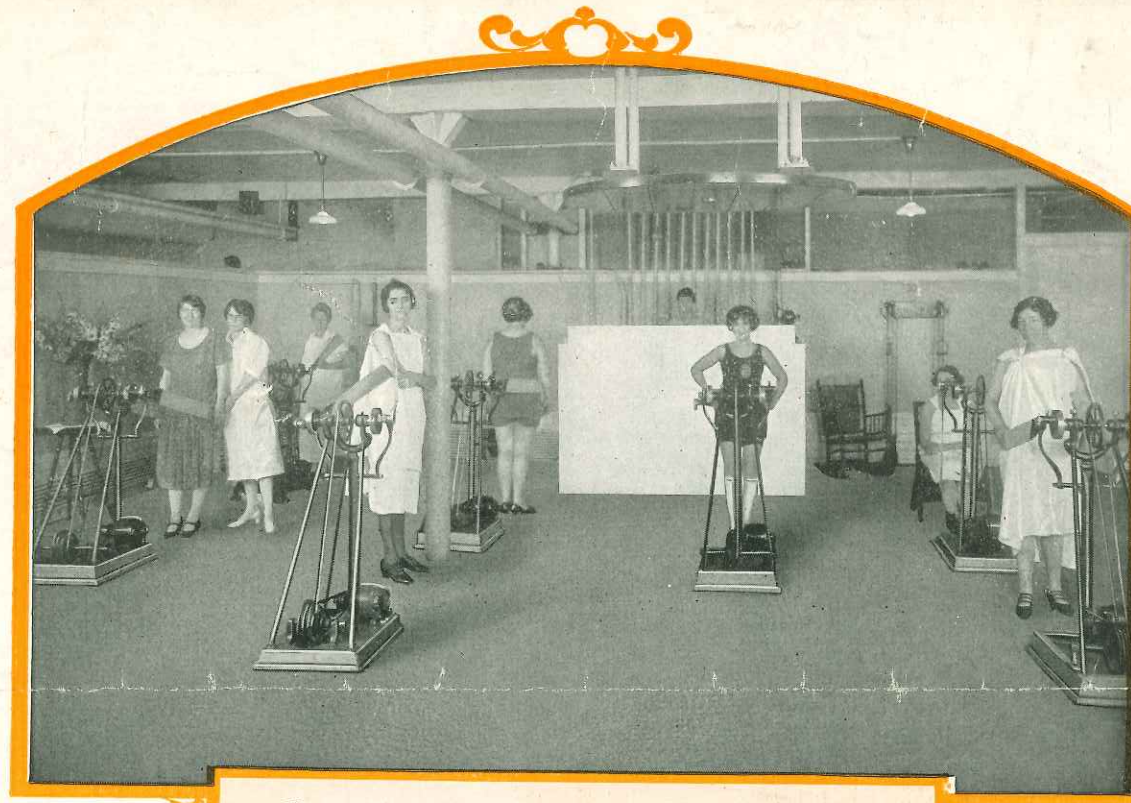
Peoples of warm countries and cold countries,

barbarous and civilized alike, have original methods of massage; manual and mechanical. The natives of the Sandwich Islands have, from the earliest days, employed massage, frequently administering manipulations to an exhausted swimmer while in the water and supporting him with their hands until his forces are rallied.

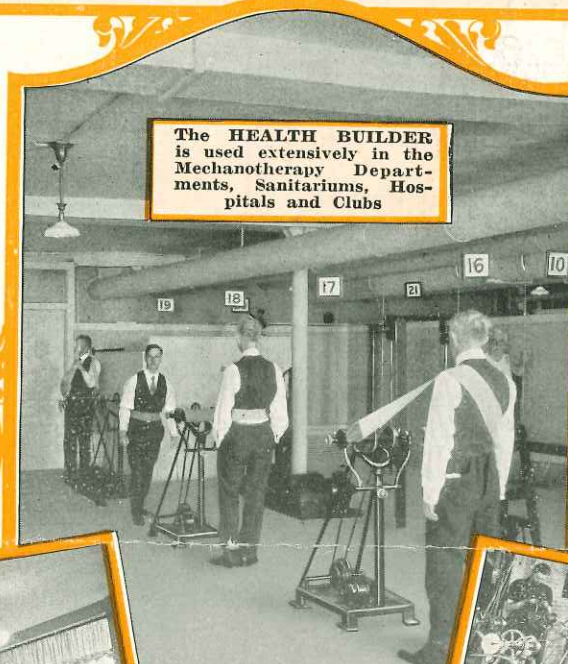
In ancient times massage was largely in the hands of priests, trainers and slaves, although recognized by some of the ablest physicians of the times. Its place today is far more ably filled by properly applied mechanical vibration, due regard being given to rate, stroke, mode of application and applied technique. How it is accomplished by a wonderfully ingenious appliance called the "Health Builder"—the invention of a famous physician—is told in this book.

Half Health

1. Increased Chance of Failure
2. Lack of Push and Grit
3. Broken Physical Appearance
4. Long, Wakeful Nights
5. No Pleasure in Eating
6. Slow, Dull Mentality
7. Withdrawal from Social Life
8. Fear of Travel and Activity
9. Unfitness for Broad Service
10. Worry and Despondency
11. Restricted Outdoor Recreation
12. Depressing Life of Seclusion

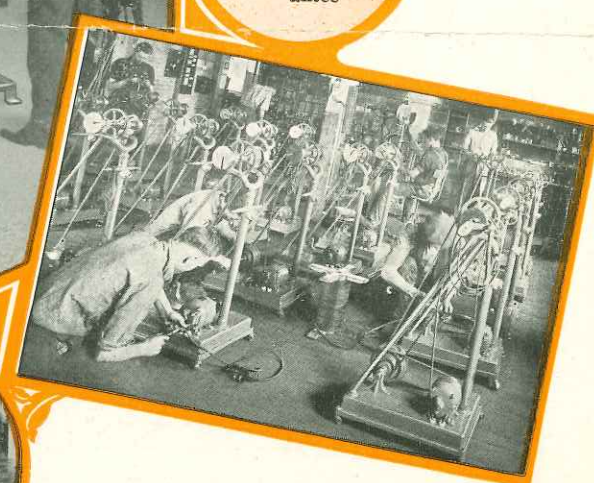


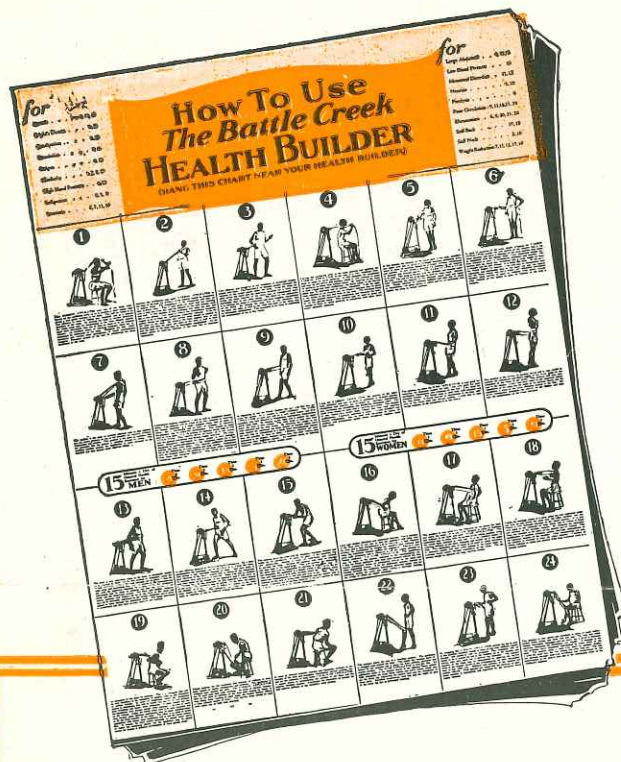
View of a department in a famous health resort in which the HEALTH BUILDER is used daily



Our Display Room in Battle Creek is visited annually by thousands of interested health seekers

A "testing room" in one of our factories in Battle Creek. Every HEALTH BUILDER is backed by our iron-clad guarantee





Expert Guidance for You

Pictured above is the large 23 $\frac{1}{4}$ x30" wall chart of exercise treatments used with the Battle Creek HEALTH BUILDER.

This chart has been scientifically worked out by authorities on the subject of mechanical massage and its most efficient application for promoting both health and beauty.

There are 24 Exercise Treatments, each illustrated and carefully explained in detail for your guidance so that you may, without hesitation or guess-work, obtain from the HEALTH BUILDER the very results that its inventor intended.

If you get up in the morning with a stiff back, you consult the chart and find that Exercises 17 and 18 have been suggested for this particular ailment. If you come home tired and fatigued you need Exercises 9 and 12—or 2, 5 and 8 if your dinner gives you a sense of heaviness and pressure after eating.

There is nothing about these simple instructions that you can not understand—no terms used that you are not entirely familiar with. Suppose you are getting a cold—here is what Exercise 3 says in part—"Very effective and beneficial in the treatment of bronchial trouble, coughs and cold. This application of massage greatly increases the function of the lymph glands under the arm. With the strap applied across the chest and the apparatus adjusted for a fairly long stroke, the large muscles of the chest may be manipulated more thoroughly than by any other means, etc.," and the illustration shows you exactly the position for placing the strap across the chest, and so with every one of the 24 other exercises.

The True Story of the Health Builder

An interview with M. W. Wentworth,
President of the
Sanitarium Equipment Company

EXPERIMENTS with the HEALTH BUILDER have been carried on in Battle Creek for over thirty years.

The idea was originated by Dr. John Harvey Kellogg, who is recognized as an authority on Physical Therapy and is the author of many books on subjects of Massage, Light Therapy, Hydrotherapy, etc. Doctor Kellogg originally perfected the HEALTH BUILDER for the benefit of patients and guests of the Sanitarium—his idea being to produce an appliance with which massage and vibration could be applied automatically to the whole body by the individual.

Eliminates Heart-Strain

Every progressive physician knows the value of massage, as a therapeutic measure; especially in cases where increased circulation of the blood and lymph is desired, *without imposing a strain upon the heart*. There are few cases indeed in which this measure is not indicated.

Improved circulation almost invariably results in improved assimilation and elimination—two very important factors in restoring the body to health. Naturally, the same measures which restore health are effective in the prevention of disease—so for this reason massage is universally recognized as a valuable aid in keeping physically fit.

Surpasses Skilled Masseurs

But skillful masseurs are few and far between. To give a body massage that is really thorough and effective—one that reaches all the important groups of muscles—is a task to which few masseurs are equal—especially if the patient is considerably overweight. Doctor Kellogg understood all about the benefits of massage and exercise and it was his aim to create an electrically operated appliance which would accomplish this purpose. Needless to say, his efforts along this line were successful.

For many years the usefulness of the HEALTH BUILDER was confined almost entirely to the large medical institution in Battle Creek, but other sanitariums and hospitals soon learned of the appliance and many were installed in institutions and physicians' offices. Later the large Athletic Clubs in Chicago,

Cleveland, Cincinnati, Los Angeles, Dallas, Pittsburgh, New York, and other points heard of the HEALTH BUILDER and installed it for the use of their members. Ocean liners, hotels, treatment and beauty salons, gymnasiums, and universities purchased them.

Attracted World-Wide Attention

The HEALTH BUILDER simply could not be "hidden under a bushel." Many who saw the appliances and used them in Battle Creek, at their Clubs, or on board ships ordered them for use in their homes. At the various national medical and scientific conventions where the HEALTH BUILDER was displayed, it invariably proved to be one of the most popular appliances on display—attracting much favorable notice from physicians, physical therapists and athletic directors.

When the present Corporation took over the HEALTH BUILDER for the purpose of producing it in large quantities, our staff of engineers and experts studied the appliance carefully for mechanical improvements, and many were made. But the principle of the HEALTH BUILDER, as Doctor Kellogg originally worked it out, has remained unchanged. It was found to be correct in every essential detail.

The HEALTH BUILDER is a real appliance, as near perfect mechanically as it can be made. It means a lifetime of service—a permanent investment.

Among the users who have the HEALTH BUILDER in their homes are Wm. Wrigley, Jr., Edsel Ford, Rex Beach, Arthur Brisbane, Wm. Randolph Hearst and hundreds of other prominent men and women.

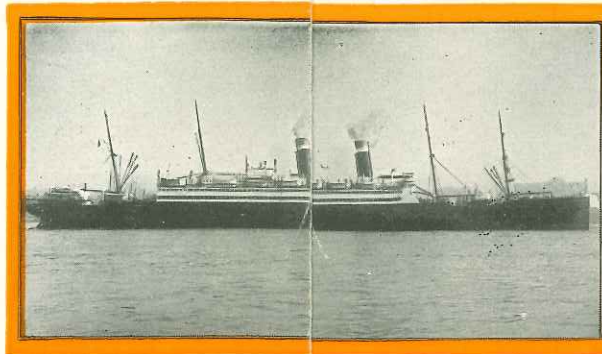
A Few Words from Others

"Enclosed find my check, which is in full payment of the HEALTH BUILDER. While I have only used it a week, I am so well satisfied, and that is the reason of mailing this check ahead of time."

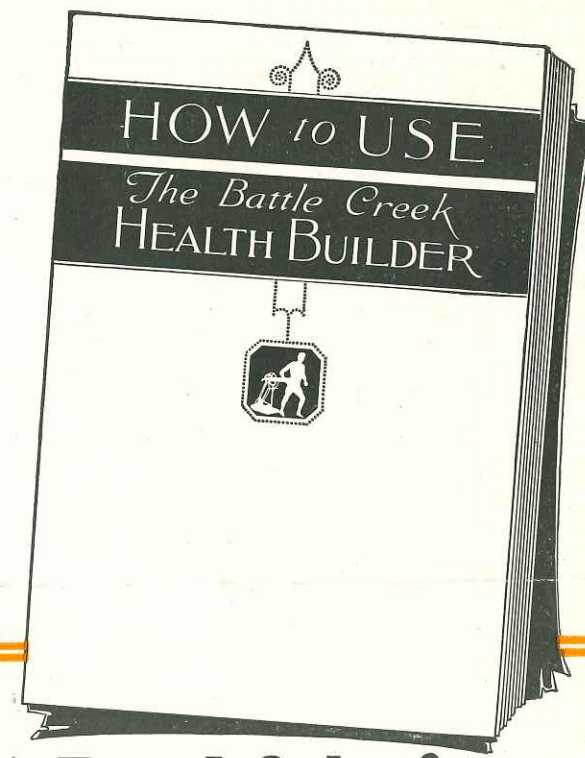
MR. A. P. M., Waco, Texas.

"I am not taking advantage of the ten days' trial test as I find the apparatus is satisfactory and am therefore enclosing my check."

MR. T. C. H., Boston, Mass.



Many of the large ocean-going liners are equipped with the Battle Creek HEALTH BUILDER



A Bookful of Health

Perfect health is unquestionably mankind's most coveted possession, for only by keeping physically fit can one get the most out of life. While the HEALTH BUILDER has proven one of the greatest aids to perfect health and beauty, its demonstrated value in combating many of the most common maladies is of no less importance.

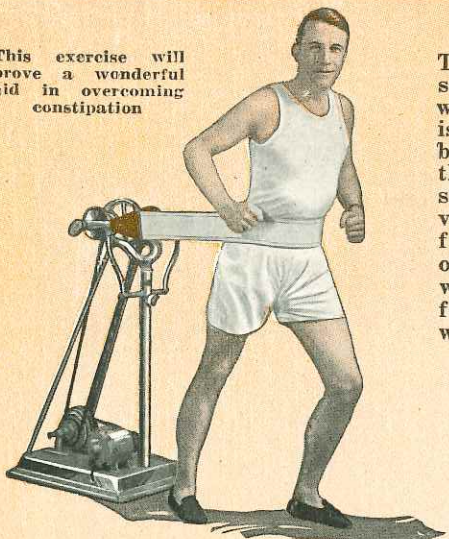
Based upon authenticated scientific and medical facts, you will find the book "How to Use the Battle Creek HEALTH BUILDER" extremely interesting. References made throughout to the accompanying chart clearly show how to obtain the most beneficial results from using the HEALTH BUILDER.

The book opens with "A Few Hints on Health." Then it presents fourteen health rules easy to remember and follow. It tells why the mechanical massage of the HEALTH BUILDER is more effective in arousing sluggish organs to action and energizing weakened parts. Fatigue and how it may be dissipated—constipation and why you should not resort to drugs—the dangers of overweight with tables of correct weights for men and women—large abdomen and how the HEALTH BUILDER protects the "danger line"—are all handled in fascinating informative style with explicit directions for treatment.

How indigestion, headaches, rheumatism, neuritis, and paralysis are effectively treated by mechanical massage is also covered. This book shows how, when you go to bed and your nerves "stay up," 15 to 20 minutes on the HEALTH BUILDER will give relief. How to use the HEALTH BUILDER in cases of anemia, high and low blood pressure, emaciation, poor circulation, Bright's disease, menstrual disorders, and how to enjoy the most perfect health you have ever known, are fully treated.

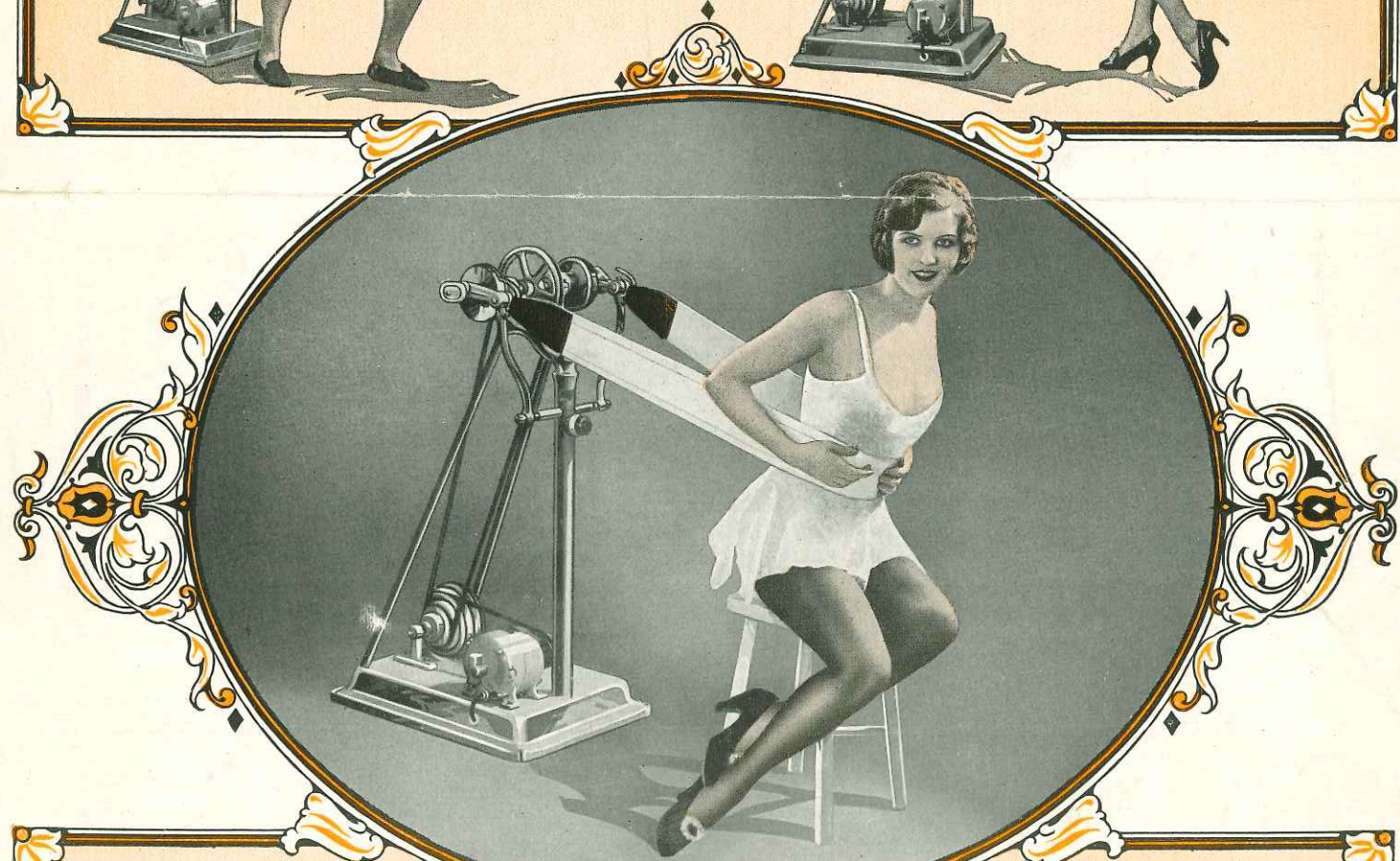
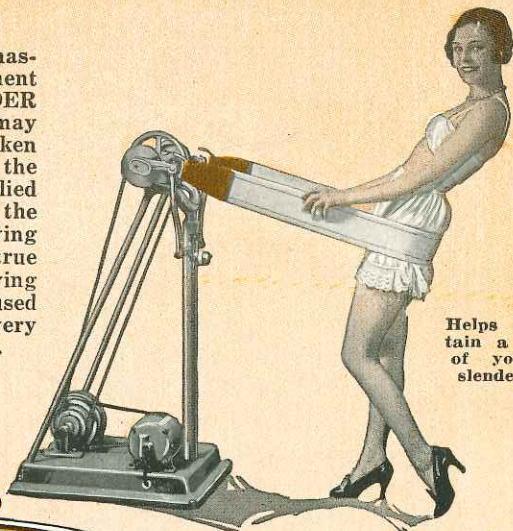
An interesting and very valuable guide to better health.

This exercise will prove a wonderful aid in overcoming constipation

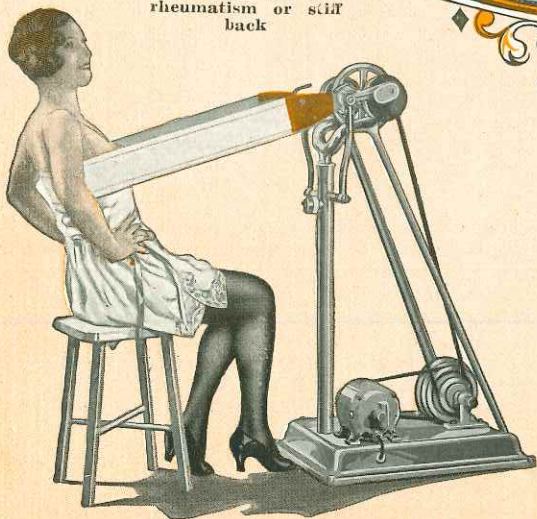


The great advantage of massage and vibratory treatment with the HEALTH BUILDER is due to the fact that it may be applied gently to quicken the circulation through the skin, or it may be applied vigorously to influence the function of the deep-lying organs. It will prove a true wonder-worker for relieving fatigue, and may be used with splendid results by every member of the family.

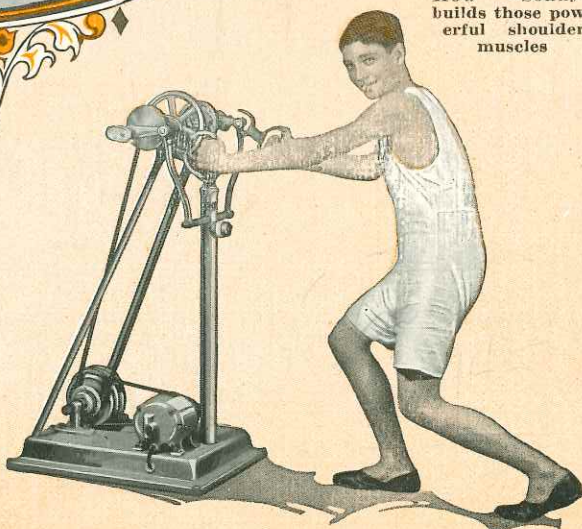
Helps maintain a figure of youthful slenderness



Useful in relieving rheumatism or stiff back



How "Sonny" builds those powerful shoulder muscles



Better Health Brevities

Several months ago a prominent Chicago business man whose name is a household word in every civilized country, ordered a HEALTH BUILDER for his personal use. Since then nearly fifty orders for HEALTH BUILDERS have been received from his office. Surely here's a man who believes in passing a good thing along—for most of these HEALTH BUILDERS are going to his friends.



WM. WRIGLEY, JR.
Pres. Wm. Wrigley, Jr., Company

says: "I have one of your HEALTH BUILDER machines in each of my four homes. I use this machine never less than half an hour a day and I am in perfect physical shape."

If You Don't Sleep Well—

You can not sleep soundly unless you are "healthily tired" and the best way to induce healthy fatigue is by muscular activity in which there is no strain or excitement. Whenever you are troubled with insomnia just massage the back and shoulders lightly for a few minutes with the HEALTH BUILDER. Sleep is almost sure to follow this soothing, sedative treatment. It is extensively used for its remedial and corrective effect in a wide variety of disorders. Over 50,000 people have used the HEALTH BUILDER on the recommendation of physicians.

Mr. Henry R. Latimer of Oklahoma, writes: "The HEALTH BUILDER is certainly a fine ma-

chine. I would not sell it for twice what it cost. I take a fifteen minute massage just before retiring and sleep like a child."

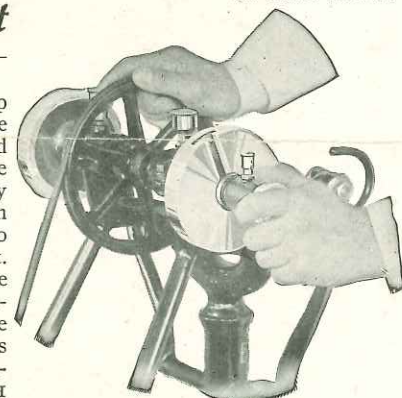
Drive and Keep Fit

In a recent magazine article, Sir William Arbuthnot Lane, M.D., the famous English surgeon, says:

"The principal risk to life nowadays in America seems to be cancer and the motor car. There may be a close connection between the two, for the motor car has practically abolished walking and has thus contributed to constipation which precedes and effectively causes a vast number of diseases of the food canal."

You will appreciate the restful stimulation of the HEALTH BUILDER after returning from a long motor trip. It quickly enlivens the circulation of blood and soothes away the aches and stiffness which so often accompany several hours of motor travel. You can now enjoy the daily pleasure of your car without suffering from lack of exercise. Fifteen minutes with the HEALTH BUILDER supplies the benefits of the "daily dozen" or the tedious long walk—plus many added advantages.

This illustration shows how easy it is to change the vibratory-massage stroke of the HEALTH BUILDER. A turn of the wrist adjusts the oscillating discs on either side of the belt wheel at top of machine. The stroke of the massage and kneading applicators may be instantly regulated to give any variation of effect—from a gentle, soothing action to a deep, stimulating one. It's almost human—is this marvelous



Any Kind of Massage You Want—At a Turn of the Wrist!

masseur. It keeps the muscles firm and supple. The HEALTH BUILDER is a real, substantial health aid. It is priceless to all whose slogan is "FEEL WELL AND LOOK WELL."

Always at Your Service

It's great to get up in the morning and use the HEALTH BUILDER before dressing—however, it is not necessary to be disrobed in order to get a very effective body massage. Just step into the HEALTH BUILDER at any time during the day fully dressed if you desire. Clothing does not interfere with the deep and effective action of the appliance.

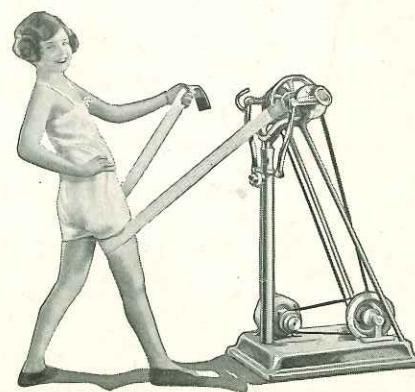


WALTER P. CHRYSLER
Pres., Chrysler Corporation

says: "The machine (HEALTH BUILDER) is giving every satisfaction and I like it very much, and would like to have you install another one in my Great Neck home."

For the Kiddies

The HEALTH BUILDER brings some share of benefit to every member of the family—from the small boy on up to grandpa and grandma. To the younger generation it takes the form of a new and fascinating sport which can be enjoyed any time at home. There are few games greater than the great game of body-building, and the HEALTH BUILDER is all action. It is a blessing to the growing child, especially in cases where the physical development needs a bit of wholesome stimulation. Boys and girls of athletic age find it an intelligent physical trainer.



Will You
Give me
a Job?

I want to come to your home and work for you. To keep you well and strong—feeling “tip top”—on the job every day—will be my sole mission.

I'm an expert “physical trainer” and “skilled masseur” combined. I do my work thoroughly and well—all without effort or assistance.

Physicians say that when it comes to giving a real body massage—either for stimulating or for soothing the tissues—no one can surpass me—not even the best trained Swedish experts.

Day or night—at any hour—it makes no difference—I'm always at your beck and call. Just touch a little switch and into action I go without a moment's hesitation.

I'm silent and efficient, I'm never late or absent, and I never tire out. And my pay? So little that it's hardly worth mentioning—just a few cents an hour for current when I'm working.

Do I get the job? If so—send for me on the order blank or write.

I'll report promptly for duty.

For your health,
THE HEALTH BUILDER.

P.S.—I come highly recommended by leading doctors, physical therapists, health culture experts, and a host of grateful users.

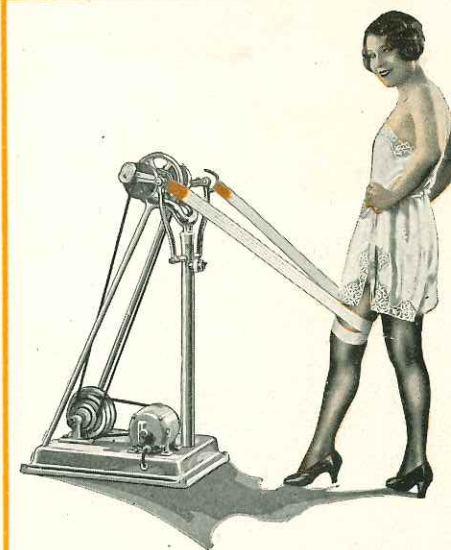
U. S. Patent Office
MAR 28 1929
DIVISION 49

601
145

G R E A T F O R T H A T “T I R E D F E E L I N G”

POSITION 22

This position shows the user in a standing position. The applicator is wrapped once around the knee. This makes the massage more effective by the pressure and is given for knee stiffness, paralysis and muscle atrophy. The WIDE APPLICATOR is best for this. An application made in the manner shown in the adjacent figure powerfully stimulates the large blood vessels and nerve trunks which supply the lower leg, improving the muscle tone and the circulation of these parts. Excellent in paralysis, cold feet and for relief of pain in the lower leg due to prolonged standing.



POSITION 23

By wrapping the NARROW APPLICATOR around the leg as seen in this position, excellent results in cases of hip joint stiffness, muscle atrophy, and paralysis will be produced. This treatment will be found to be a wonderful aid to the building up of the muscles and nerves, also very good for a general leg exerciser. The massive muscles of the thigh may be manipulated by applying the narrow strap in the manner shown in the accompanying cut more thoroughly than in any other way. Stiffness and soreness of the muscles are quickly relieved. Tired muscles are rested and the nutrition of paralyzed muscles is maintained and improved by the increased blood supply induced.



POSITION 24

This position is very useful and beneficial in cases of weak ankles, broken down arches and tired feet and legs. The foot and ankle become thoroughly massaged and the entire leg is given a thorough vibration, increasing the circulation very rapidly. A massage to the feet produces nerve relaxation appreciated by every nerve of the body. The narrow strap is used with short or medium strokes. Useful for weak feet, flat feet, aching feet after long use. The feet are warmed through improved circulation and strengthened by the improvement of the muscle tone due to the stimulating effect of the oscillatory impulses.



A Few of the Many Prominent HEALTH BUILDER USERS

Judge it by the Company it Keeps

Some of the Prominent People Who "Keep Fit" the Health Builder Way

†Wm. Wrigley, Jr. (Wrigley's Gum)
(See footnote)
Judge Chas. L. Bartlett (Nationally Known).....Detroit, Mich.
Edsel Ford (Pres. Ford Motor Co.).....Detroit, Mich.
Walter P. Chrysler (Pres. Chrysler Dodge Corp.), Detroit, Mich.
Dr. Lulu Hunt Peters (Author "Diet of Health," etc.).....New York, N. Y.
Alfred P. Sloan, Jr. (Pres. General Motors).....Great Neck, L. I., N. Y.
Dwight Whitney Morrow (Ambassador to Mexico).....New York City
Rex Beach (Author).....New York City
F. V. duPont (duPont Nemours).....Wilmington, Del.
Ben Morton (Mayor of Knoxville).....Knoxville, Tenn.
Frank X. Schwab (Mayor).....Buffalo, N. Y.
E. L. Benedict (V. P. Nat'l Steel Fabric Co.).....Pittsburgh, Pa.
Truman H. Newberry (Ex-Sec'y of Navy).....Detroit, Mich.
John S. Newberry.....Detroit, Mich.
*W. J. Neale.....Waco, Texas
Senator David Elkins.....New York City
"Roxy" (Prominent Broadcaster).....New York City
S. L. Rothafel.....New York City
Edwin P. Hurd (The Hurd Lock Man).....Detroit, Mich.
Joseph E. Mills (Chief City Com.).....Detroit, Mich.
Emile Berliner (Secretary, Bureau of Health Education).....Washington, D. C.
John J. Densten (Pres., Densten Felt & Hair Co., Inc.).....Philadelphia, Pa.
A. J. Fisher (Vice Pres., General Motors Corp.).....Detroit, Mich.
Right Rev. Ernest M. Stires (Bishop of Episcopal Diocese).....Garden City, L. I., N. Y.
L. M. Boomer (Owner of Hotels, Waldorf-Astoria, etc.).....New York City
Fred J. Fisher (Vice Pres., General Motors Corp.).....Detroit, Mich.
Chas. A. McCulloch (Pres. Parmalee Bus Line).....Chicago, Ill.
W. F. Watters (Vice Pres., Jordan Marsh Co.).....Boston, Mass.
Arthur Brisbane (New York Evening Journal).....New York City
Ben S. Read (President Southern Bell Telephone & Telegraph Co.).....Atlanta, Ga.
J. D. Oliver (President Oliver Chilled Plow Works).....South Bend, Ind.
L. C. Prior (President Hotel Lenox).....Boston, Mass.
Arthur Williams (Vice President of Edison Co.).....New York City
L. A. Brown (President Corduroy Tire Co.).....Grand Rapids, Mich.
Jacob Ruppert (Owner of New York Yankees).....New York City
Mrs. Anna E. Kresge.....Detroit, Mich.
C. W. Matheson (Vice Pres. Chrysler Dodge Corp.), Detroit, Mich.
Otto Pegau (Mgr. Briggs Mfg. Co.).....Detroit, Mich.
Ira R. Morrison (City Manager).....Chico, Cal.

†A Health Builder in each of his four homes and one each for thirty-eight personal friends.

†Fifteen machines in daily use.
(*Star indicates the purchase of two or more "Health Builders.")

Edward H. Cady (Pres. Commerce Guardian Trust & Savings Bank).....Toledo, O.
William Randolph Hearst (Hearst Publications).....Los Angeles, Cal.
G. K. Morrow (Pres. Gold Dust Co.).....Malba, L. I., N. Y.
R. W. Stranahan (Pres. Champion Spark Plug Co.).....Toledo, O.
P. C. Peterson (Supt. Viking Pump Co.).....Cedar Falls, Iowa
Shelden Weed (Pres. Weed & Co.—Chains).....Buffalo, N. Y.
T. L. Holling (Pres. The Holling Press).....Buffalo, N. Y.
A. E. Rogers ("Frank & Sedar").....Detroit, Mich.
Edward C. Tripp (Owner Franklin Engraving Co.).....Boston, Mass.
C. S. Bradshaw (Attorney).....Des Moines, Ia.
John F. Hott (Dr. Caldwell's Pepsin Syrup Co.).....Monticello, Ill.
James M. Berry (Pres. Berry Rug Co.).....Detroit, Mich.
Reed Adams (Pres. Electograph Co.).....Detroit, Mich.
F. J. Donahue (Pres. F. J. Donahue Varnish Co.).....Detroit, Mich.
J. H. Noble (Asst. Treas. General Motors Corp.).....Detroit, Mich.
J. H. Williams.....Palo Alto, Calif.
Junius I. Bruce (Sec'y and Treas., Ideal Furnace Co.).....Detroit, Mich.
W. S. Butterfield (Well-known theatre owner).....Detroit, Mich.
*Hon. James Couzens (Senator from Mich.).....Detroit, Mich.
W. C. Cowling (Director of Traffic, Ford Motor Co.).....Detroit, Mich.
Mrs. Edith Mae Cummings (Realtor).....Detroit, Mich.
Sherman DePew (Paige Motor Co.).....Detroit, Mich.
Emory L. Ford (Vice Pres.-Treas. Michigan Alkali Co.).....Detroit, Mich.
Edward Horsman (Owner Victory Hotel).....Detroit, Mich.
Alva Hunn (Optician & Jeweler).....Detroit, Mich.
I. S. Reulter (Olds Motor Works).....Lansing, Mich.
Lord Strathcona.....London, Eng.
F. D. Gardner, Ex-Governor of Missouri
Earl Carroll, Theatrical Producer
Mrs. Hubert K. Reese.....Memphis, Tenn.
Caruthers Ewing.....New York City

Many Physicians Used This Method

Dr. Coolidge (Coolidge X-Ray Tube).....Schenectady, N. Y.
Dr. John J. Moorhead.....New York City
Dr. Wm. H. Elliott.....Detroit, Mich.
Dr. Henry H. Pelton.....New York City
Dr. Charles F. Otis, Sr.....Rochester, N. Y.
Dr. E. J. Fithian.....Grove City, Pa.
Dr. J. E. Sparks.....Floresville, Texas
Dr. E. J. Dow.....Palm Beach, Fla.
Dr. D. W. Ellis.....Plano, Texas
Dr. Harold Swanberg.....Quincy, Ill.
Dr. George F. Karch.....Princeton, N. J.
Dr. J. Mintz.....New York City
Dr. Dios P. Lopes.....Kankakee, Ill.
Dr. L. W. Tindolph.....Olean, N. Y.
Dr. E. D. Vince.....Battle Creek, Mich.
Dr. L. E. Blanchard.....Buffalo, N. Y.
Dr. Julia C. Strawn.....Chicago, Ill.
Dr. A. Benjamin.....New York City
Dr. Michael S. Shea.....New Haven, Conn.

Dr. Gory.....Harvey, W. Va.
Dr. Thurmond Hull.....Troy, N. Y.
Dr. A. J. Hull.....Troy, N. Y.
Dr. LaGrasso.....Buffalo, N. Y.
Dr. Stoddard S. Martin.....Windsor, Vt.
Dr. Hanson S. Ogilvie.....Asheville, N. C.
Dr. W. Kirkie Otis.....Rochester, N. Y.
Dr. C. W. Wilke.....Kansas City, Mo.
Dr. S. L. Scothorn.....Dallas, Texas
Dr. Albert Soiland.....Los Angeles, Calif.
Dr. J. C. Stone.....Kokomo, Ind.
Drs. Strong & Strong.....Muskogee, Okla.
Dr. W. F. Burns.....Larchmont, N. Y.
Dr. Elizabeth Heitman.....New York City
Dr. Frank P. Lint.....Clarkston, Wash.
Dr. H. C. Montague.....Muskogee, Okla.
Dr. M. V. Baxter.....Burlington, Wis.
Dr. P. Battenfeld.....Brooklyn, N. Y.
Dr. Anna Daly.....New York City
Dr. Walter B. James.....New York City
Dr. L. L. Latham.....Latham, Mo.
Dr. V. Simmons.....Shreveport, La.
Dr. Edward A. Palmer.....Tiverton, R. I.
Dr. F. C. Warnshuis.....Grand Rapids, Mich.
Dr. Irving Dewey Williams.....New York City
Drs. Peyton & Peyton.....Shawnee, Okla.
Dr. L. Rowoldt.....Flint, Mich.
Dr. D. R. Stratton.....Lancaster, N. Y.
Dr. N. R. Stone.....Detroit, Mich.
Dr. H. C. White.....Lewiston, Idaho
Dr. A. M. Wicena.....Chicago, Ill.
Dr. W. T. Annon.....Philadelphia, Pa.
Dr. M. C. Burrus.....San Benito, Texas
Dr. I. M. Cohn.....Dallas, Texas
Dr. Baxter Haynes.....Spartanburg, S. C.
Dr. Belle P. White.....Springfield, Mass.
Dr. S. E. Robertson.....Maplewood, N. J.
Dr. George D. Eavenson.....Wynnewood, Pa.
Dr. C. E. Hetherington.....Piqua, O.
Dr. C. F. Briggs.....Cleveland, O.
Dr. O. C. Stackhouse.....Lynbrook, L. I., N. Y.
Dr. Arthur Bark.....New York City
Dr. W. D. James.....Hamlet, N. C.
Dr. John Lipke.....Rio de Janeiro, Brazil
Dr. L. Gross.....New York City
Dr. W. R. McMillan.....Dallas, Texas
Dr. Frank Moormeister.....Salt Lake City, Utah
Dr. Robert Oden.....Washington, D. C.
Dr. V. M. Pierce.....Buffalo, N. Y.
Dr. A. W. Blain.....Detroit, Mich.
Dr. F. W. Willis.....Chicago, Ill.
Dr. I. L. Hill.....New York City
Dr. P. R. Vessie.....Greenwich, Conn.
J. C. Major, M. D.....Joliet, Ill.
Dr. Marla L. S. Wingate.....Cleveland, O.
Dr. F. Denniston.....Pt. Pleasant, N. J.
Dr. R. M. Andrews.....Rochester, N. Y.
Dr. A. Keightley.....New York City

A Few of the Health and Beauty Establishments that Use the Health Builder

†Battle Creek Sanitarium (15).....Battle Creek, Mich.
Bell Telephone Laboratories, Medical Dept.....New York City
Our Lady of Lake Sanitarium.....Baton Rouge, La.
*Arda Martin (Baptist Hospital).....Memphis, Tenn.
McKelpine Beauty Salon.....Detroit, Mich.
Dr. H. E. Wildermuth (St. Paul Athletic Club).....St. Paul, Minn.
Dr. Scott R. Edwards (Allison Hospital).....Miami Beach, Fla.
Asa Anderson (Crazy Hotel, Health Institute).....Mineral Wells, Texas

They Know the Value of Keeping Fit in 15 Minutes a Day

Your First Consideration Should Be-HEALTH!

C. C. DePew (Reducing Institute).....Des Moines, Ia.
Lottie M. Haynes (Reducing Institute).....Waco, Texas
Health Institute.....New York City
Lenox Hill Hospital.....New York City
The Skouras Enterprise.....(Health Institute).....St. Louis, Mo.

Mrs. Angelica B. Sterns.....New York City
Mrs. George Stephens.....Asheville, N. C.
Mrs. George A. Thorne.....Chicago, Ill.
Mrs. A. N. Talcott.....Houston, Texas
Mrs. B. E. Taylor.....Grosse Pointe Farms, Mich.
Mrs. F. J. Donahue.....Detroit, Mich.

Mrs. Anne Smith.....New York City
Miss Edna Simpson.....Buffalo, N. Y.
Miss Matilda Smith.....Waterloo, Ia.
Mrs. Thomas H. Simpson.....Detroit, Mich.
Mrs. Anna H. Simonson, Redondo Bch., Cal.
Mrs. N. H. Noyes.....Indianapolis, Ind.
Mrs. F. W. Pelzer.....New York City
Mrs. C. F. Pridham.....N. Y. City
Mrs. Otto MeyerHartsdale, N. Y.
Mrs. Ada W. Mead.....Providence, R. I.

Mrs. W. A. Merriman.....N. Y. C.
Mrs. B. D. Miller.....N. Y. City
Mrs. John J. Murray, Warren, O.
Mrs. G. C. Gilfillen, Dayton, O.
Miss Phyllis Hall.....Chicago, Ill.
Mrs. Eugene Hale.....Washington, D. C.

Mrs. Glen Hillis.....Kokomo, Ind.
Mrs. A. E. Morey, Detroit, Mich.
Mrs. H. P. Archibald.....Chicago
Mrs. Gage Baldwin, Duluth, Minn.
Mrs. J. W. Bird, Bradford, Pa.
Mrs. Mary R. Cass, Buffalo, N. Y.
Mrs. O. H. Davis, New York City
Mrs. Sherman L. DePew.....Detroit, Mich.

Mrs. F. E. Donoghue, Miami, Fla.
Mrs. L. M. Dillman.....N. Y. C.
Mrs. D. M. Dusenbury.....Portville, N. Y.

Mrs. James G. Eddy.....Everett, Wash.
Mrs. J. D. Elliott, Detroit, Mich.
Mrs. Gordon Faircleroy.....Geneva, Ill.
Mrs. L. J. Feltes, Detroit, Mich.
Mrs. Nellie G. Roseleaf.....Cleveland, O.

A Very Popular Appliance in Clubs and Gymnasiums

N. Y. Athletic Club.....New York
Piping Rock Club.....L. I., N. Y.
Westchester-Biltmore Club (Westchester Co.).....Rye, N. Y.
Business Men's Club.....Cincinnati, O.

Chicago Athletic Club (S. H. Darwent, Physical Director).....Chicago, Ill.

Union League Club, Chicago, Ill.
Standard Club.....Chicago, Ill.
Manufacturers Club.....Phila., Pa.
Milwaukee Athletic Club.....Milwaukee, Wis.

*Reo Motor Club.....Lansing, Mich.
Cleveland Physical Club, Cleve., O.
*Ft. Worth Ath. Club, F. W., Tex.

City Athletic Club.....N. Y. City
Olympia Club.....Chicago, Ill.
University of Pennsylvania (Football).....Philadelphia, Pa.

Stanford University (Football Team, Coach Warner).....San Francisco, Cal.
Women's Athletic Club.....San Francisco, Cal.
Jonathan Club.....Los Angeles, Calif.
Olympic Club.....San Francisco, Calif.

S. S. Leviathan } and other
S. S. Republic } well-known
S. S. America } passenger
S. S. George Washington } steamers.
S. S. California }
S. S. President Wilson }
S. S. Mallalo }

(*Star indicates the purchase of two or more "Health Builders.")

Famous Stage and Screen Stars Who are Health Builder Enthusiasts

Miss Dorothy Knapp (American Venus).....New York City
Miss Norma Smallwood (Miss America, 1926).....Tulsa, Okla.
Miss Vera Ross (Operatic Soprano).....New York City
Mrs. Harry P. Williams (nee Marguerite Clark).....Patterson, La.

Miss Vivienne Segal (Musical Comedy Star) New York City
Mrs. Florenz Ziegfeld (Billie Burke).....New York City
Miss Olga Olonova.....N. Y. City
Mademoiselle Simone Roseray (Roseray and Capella, world-famous Parisian artists, N.Y.C.)

Marjorie Jeosting (Famous Beauty).....New York City
Mary Eaton (Musical Comedy Star).....New York City
Oscar Shaw (Well-known Actor).....New York City
Murrel Finley (Ziegfeld Follies Beauty).....New York City
Irene Delroy (Musical Comedy Favorite).....New York City
Barbara Stanwyck (Famous Actress).....New York City
Hal Skelly (Actor).....New York City

Nick Stuart (Fox Favorite)
Reginald Denny (Universal Star)
Edmund Lowe (Fox Production Star)
Virginia Valli (Fox Star)
Dorothy Mackaill (First National Star)

Renee Adoree (Metro-Goldwyn-Mayer Star)
Joan Crawford (Metro-Goldwyn-Mayer Star)
Sue Carol (Metro-Goldwyn-Mayer Star)
Patsy Ruth Miller (Tiffany-Stahl Star)

Some Well-Known Society Leaders Who Use the Health Builder

Mrs. Edsel B. Ford.....Detroit, Mich.
Mrs. Alfred G. Wilson.....Detroit, Mich.
Mrs. E. H. McAlpin, Jr.....New York City
Mrs. Harry Sinclair.....Buffalo, N. Y.
Mrs. Daniel Good.....New York City
Mrs. Bernarr McFadden.....Dallas, Texas
Mrs. Dorothy Stahl.....New York City
Mrs. Charles P. Rogge.....New York City
Mrs. R. Stuyvesant.....Paris, France
Mrs. Rhoda Fox Graves.....Albany, N. Y.
Mrs. Anna D. Heydrick.....Franklin, Pa.
Mrs. J. W. Stephenson.....Marion, Ind.

Mrs. James W. Thorne.....Chicago, Ill.
Mrs. R. S. Potter.....New York City
Mrs. D. B. Miller.....Shenandoah, Ia.
Mrs. Joseph F. Moran.....Brooklyn, N. Y.
Miss Bertha P. Moore.....Waterloo, Ia.
Mrs. W. E. Morgan.....LaPorte City, Ia.
Mrs. K. Nichols.....Waterloo, Ia.
Miss Ellen Gustavson.....Chicago
Mrs. F. C. Duvall.....Ponca City, Okla.
Mrs. I. E. Feinstein.....Hoboken, N. J.
Mrs. C. W. Burkett.....New York City
Mrs. A. G. Cashman.....Cleveland, O.
Mrs. Earl P. Charlton.....Palm Beach, Fla.
Mrs. Chas. Schaffhauser.....Philadelphia, Pa.
Mrs. W. Schwarz.....Roselle, N. J.
Mrs. H. G. Scott.....New York City

601/145



KEEPING FIT
in
FIFTEEN MINUTES
a day

601
145